THE SOLUTION TO JOBLESSNESS?
MEGAPROJECTS, SAYS EX-MINISTER {page 3}

QUICK SANDWICH FOR LUNCH
LAYER ON AVOCADO, CHEESE {page 18}

IT'S ALIVE
BRINGING FRANKENSTEIN TO THE STAGE {page 13}

HALIFAX
metro®
Thursday, September 29, 2011
www.metronews.ca
News worth sharing.

Astronaut touches down

▶ J.L. Ilsley High School students were very enthusiastic for Chris Hadfield's visit ▶ The school was one of several stops for him around the city ▶ He was the first Canadian to spacewalk and use the Canadarm in orbit

Canadian astronaut Chris Hadfield is preparing to launch into space next year, but somehow he found time to speak to a group of high school students yesterday.

Hadfield will be the first Canadian commander of the International Space Station after he blasts off in a Soyuz spacecraft for a six-month mission in November 2012.

"Setting up to come (to Halifax) has been a year in the making and being able to fit it into my schedule … these are very rare," he said in an interview.

Besides a presentation to hundreds of students at J.L. Ilsley High School yesterday, Hadfield also visited Dalhousie University and the Discovery Centre.

"Just to tell people what we're up to. It's an interesting business and Canada's in the thick of it," he said.

At J.L. Ilsley, Hadfield gave a brief presentation of the history and future of space travel before answering students' questions. He explained, from a first-person account, the effects of zero gravity on the human body and what it feels like to crash back down on Earth (in a word: "brutal").

> **"What we're trying to do is figure out how to leave our planet permanently."**
> CANADIAN ASTRONAUT CHRIS HADFIELD

Spacewalking is the "coolest thing ever," and everything, including the birth of his children, pales in comparison, he said.

He described the International Space Station as a giant, zero-gravity laboratory with 100 to 120 experiments ongoing. The food is bad, Hadfield said, but he gets some of the best sleep in space because he doesn't have to roll over.

When asked where the best place to land is, Hadfield responded, "Really, anywhere on earth is good."

He showed the students pictures of the latest spacecraft and said scientists are focusing on how to send astronauts to asteroids.

"Asteroids have huge chunks of things (minerals) we need on Earth," he said.

JENNIFER TAPLIN

RYAN TAPLIN/METRO

▶ Canadian astronaut Chris Hadfield uses a coffee cup to help explain the effects of gravity during a presentation at J.L. Ilsley High School yesterday.

2011 MODEL YEAR WRAP UP
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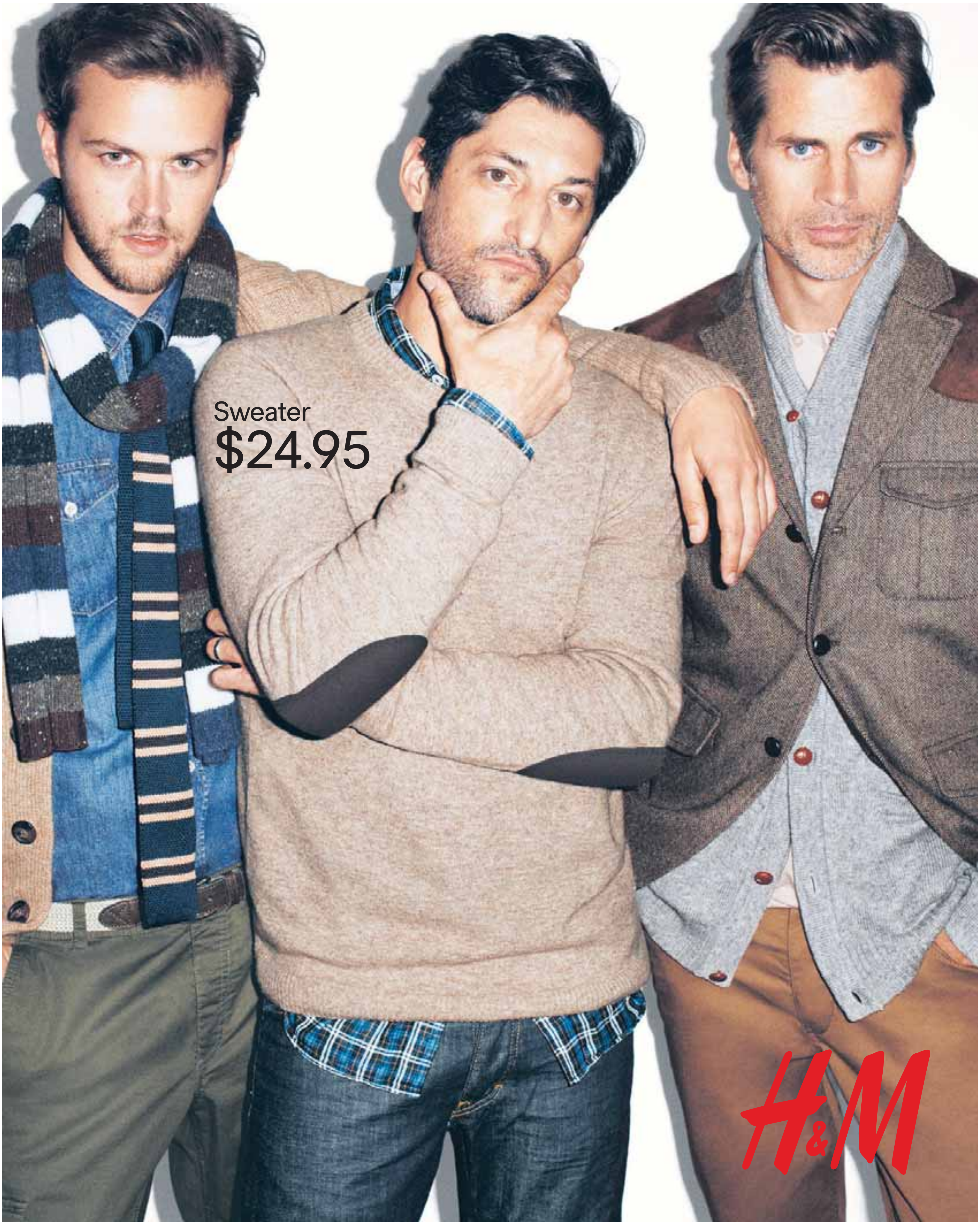
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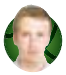
Lower Churchill a venture in nation building: Prentice

- Up to $48.5 billion pouring into hydroelectric projects across Canada
- Ex-MP says governments must act quickly to resolve regulatory issues



ALEX BOUTILIER
@METRONEWS.CA

The job-creation opportunities from energy megaprojects are virtually staring us in the face, says Jim Prentice, the former federal Conservative cabinet minister.

Speaking at a luncheon yesterday of the Atlantic Provinces Economic Council in Halifax, Prentice, who left politics last year to take a job with CIBC, had some advice for governments to expedite those projects.

First, he said, governments must find innovative policy tools to support megaprojects, even as "austerity" becomes Ottawa's watchword.

As an example, he held up the Conservative government's promised loan guarantee for Lower Churchill — a $6.2-billion hydroelectric project planned by Newfoundland's Nalcor Energy and Nova Scotia Power's parent company Emera.

Governments also need to promote energy relationships with the United States and China. Finally, Prentice said governments must "expedite, streamline and accelerate the regulatory and environmental-approval processes for megaprojects."

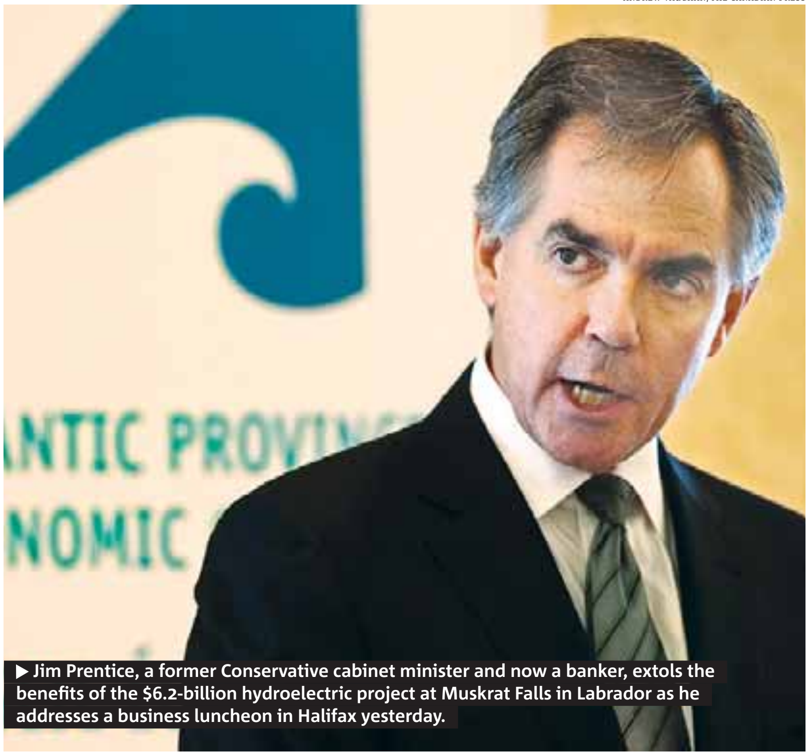
"These kinds of megaprojects involve a very complex regulatory and environmental process," Prentice told reporters after his speech. "It's important in the context of megaprojects, which often involve corridors, that there be focus by the governments of the day in terms of moving those forward quickly."

One aspect of Lower Churchill's complex environmental process was an independent study, released by the Canadian Environmental Assessment Agency, that questioned the economic and ecological benefits of the project for Newfoundland. The report recommended a new independent review of Lower Churchill before moving forward.

Prentice said Nalcor had complied with the recommendation by commissioning another study by Navigant Consulting — a study some critics say lacks independence from the energy utility.

"If we are going to be pro-development in this country and create opportunities for jobs … we're going to have to grapple with those kind of regulatory issues and procedures quickly," Prentice said. "And they need to be resolved very quickly by the people whom we elect."

ANDREW VAUGHAN/THE CANADIAN PRESS



Jim Prentice, a former Conservative cabinet minister and now a banker, extols the benefits of the $6.2-billion hydroelectric project at Muskrat Falls in Labrador as he addresses a business luncheon in Halifax yesterday.

"With 59 per cent of our electricity now coming from hydro, the goal of making Canada the world's cleanest electricity producer is eminently achievable. Lower Churchill will move us further and faster toward this goal."
JIM PRENTICE

Missing woman hospitalized

CONTRIBUTED

Ratto

A woman found in a wooded area in Lower Sackville was listed in critical condition yesterday.

Gloria Ratto, 68, was found at about 11 a.m. in a ditch in the woods behind the Canadian Tire gas bar on Sackville Drive.

"A person was walking on a pathway between Sackville Drive and Hillcrest Avenue ... and found the woman in this area," said Cpl. Scott MacRae of the Halifax RCMP.

Police don't believe foul play was involved.

"We think she went into the woods on her own accord and failed to get home," MacRae said, adding it was possible Ratto suffered from hypothermia.

Ratto was last seen by a friend at 8:40 a.m. on Tuesday. ALY THOMSON

Metro the fastest growing paper in Halifax

More Haligonians are turning to Metro Halifax for their daily news.

Metro is the fastest-growing newspaper in Halifax, according to results released yesterday by the Newspaper Audience Databank (NADbank).

Metro now reaches 74,100 readers daily and 165,500 weekly readers in Halifax. That's an increase of 31 per cent, 17,400 daily readers, over the NADbank 2009-10 results. Weekly, the rise is 11 per cent, or 16,000 readers.

"A 31 per cent increase is fantastic news. It is very gratifying to see the readership results reflect Metro's growing circulation within the city. It goes to show that strong local content in a concise, easy-to-read format works well in this market," said Greg Lutes, publisher of Metro Halifax.
METRO

METRO FILE

Greg Lutes

Extra, extra!

- Metro Halifax now reaches half of all Haligonians over the course of a week, with a 50 per cent market penetration.
- The paper made inroads in a number of key demographic categories including a 19 per cent increase in daily readership of people with a household income greater than $100,000, a 25 per cent increase in readers 25 to 34 and a 55 per cent increase in university graduates.

1 news

The discovery in Alberta of the fossilized remains of two giant reptiles is helping to solve century-old evolutionary mysteries. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com
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On the web at metronews.ca

A woman planning to live-stream a home birth explains her decision and invites you to watch. Video at metronews.ca/video

Follow us on Twitter @metrohalifax

Bad guys feel heat

Police website activity spikes whenever 'most wanted' list released

JENNIFER TAPLIN
@METRONEWS.CA

A new crime-fighting tool is proving itself extremely effective.

Within days of releasing the third Halifax's "most wanted" list to the public, four out of 10 people sought for outstanding warrants were arrested.

"This list was created in order to enlist the help of the public and so far it's been tremendously successful," said Halifax Regional Police spokesman Const. Brian Palmeter.

The latest Outstanding Warrant Wanted List was released last Thursday. The following Monday, Bruce Edward Misener, wanted for an alleged sexual assault, was arrested in Claresholm, Alta. On Tuesday, two other men turned themselves in, and police, acting on a tip, arrested a fourth man in Halifax that night.

> **"The public … may not want to be in the front line helping, but if they have information they can call us anonymously."**
> CONST. BRIAN PALMETER

"When we've exhausted all our avenues we've turned to the public and we've been very successful either (arresting) that person or having that person turn themselves in when they realize we're looking for them," Palmeter said.

After the previous list was sent out in June, six out of 10 people were apprehended by police and investigators discovered the remaining four people were out of the province.

CONTRIBUTED

Bruce Misener

Police determine, based on the severity of the crime, if it's worth the resources to send officers across the country to retrieve the individuals.

The first list, sent out last spring, was about 50 per cent successful.

Most of the outstanding warrants on the list are for people who missed their court date or breached their probation. The list of 10 names is a mere fraction of the warrants police have, Palmeter said.

Haligonian, 44, charged with theft

A man has been charged in connection with a break-and-enter in Bayers Lake Industrial Park.

Robert John Berrigan, a 44-year-old from Halifax, is facing charges of possession of stolen property, two counts of break and enter and two counts of theft of motor vehicle over $5,000.

At about 5 a.m. Tuesday, police responded to a break-in at the 200 block of Horseshoe Lake Drive.

An investigation led police to an apartment on Chadwick Place in Clayton Park where they found a stolen tractor-trailer from a different incident.

METRO

Smash and grab

Police say items were stolen from the business and a window was smashed.

NewPage bids are in

The court-appointed monitor for the closed NewPage Port Hawkesbury paper mill says it has received letters of interest from potential buyers, but isn't revealing how many.

Ernst & Young said the non-binding letters of intent were received prior to yesterday's deadline.

Julie Fournier, a spokeswoman for the monitor, said it would work with Sanabe and Associates to evaluate each of the potential buyer's ability to complete a transaction.

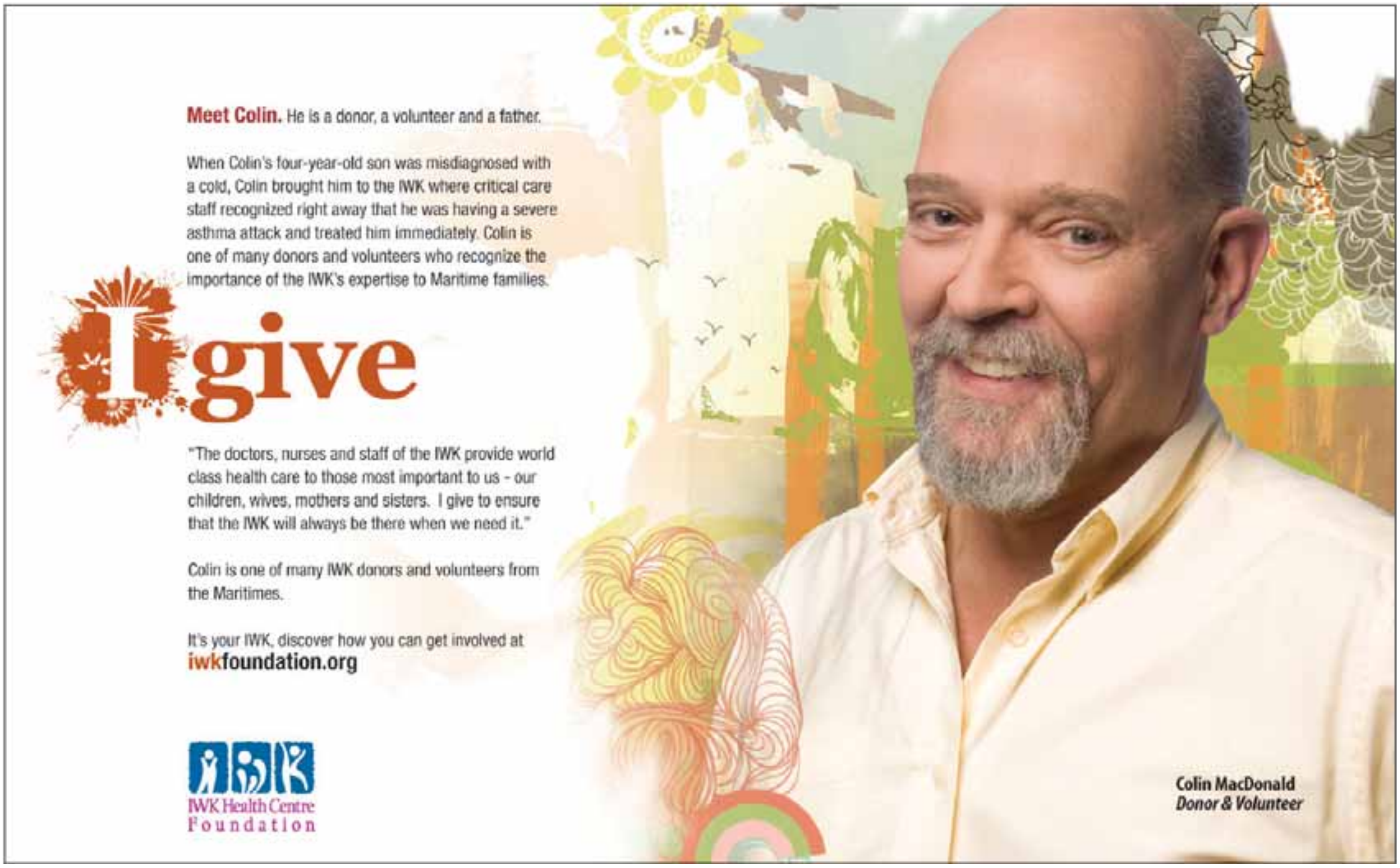
She said qualified bidders will be told by Monday if they will be invited to continue in the sales process.

Those bidders will then have until Oct. 14 to submit a formal purchase offer.

NewPage owes its unsecured creditors more than $156 million, including from $4 million to $5 million to forest contractors.

THE CANADIAN PRESS

> **1,000**
> **The mill in Point Tupper closed earlier this month, throwing about 1,000 people out of work both in the plant and area woodlands operations.**


Meet Colin. He is a donor, a volunteer and a father.
When Colin's four-year-old son was misdiagnosed with a cold, Colin brought him to the IWK where critical care staff recognized right away that he was having a severe asthma attack and treated him immediately. Colin is one of many donors and volunteers who recognize the importance of the IWK's expertise to Maritime families.
I give
"The doctors, nurses and staff of the IWK provide world class health care to those most important to us - our children, wives, mothers and sisters. I give to ensure that the IWK will always be there when we need it."
Colin is one of many IWK donors and volunteers from the Maritimes.
It's your IWK, discover how you can get involved at
iwkfoundation.org
IWK Health Centre Foundation
Colin MacDonald
Donor & Volunteer

Surf film fest goes from small ripple to a tsunami

- Festival opens with Canadian premiere of Adam Pesce's Splinters
- Matt Mays will be showing short film Surfer's Road tomorrow night

CONTRIBUTED

▶ A screen shot from the film Somewhere Near Tapachula, which will make its Canadian premiere at 6:30 p.m. on Saturday at Empire Theatres in Park Lane Mall during the Canadian Surf Film Festival.

ALY THOMSON
HALIFAX@METRONEWS.CA

The Halifax-born Canadian Surf Film Festival has been catching some international waves.

Co-founder Keith Maddison said the festival, now in its second year, has gone from being a small ripple to a tsunami in the surf culture circuit.

"We're barely in our second year and it's already by far Canada's largest surf event," he said, mentioning he's had queries about the festival from places like California and the United Kingdom.

Pro surfers from West to East will be here for the festival this weekend, which runs today through Sunday.

Maddison said this year's event will be similar to its predecessor, with a few upgrades.

"We didn't want to reinvent the wheel ... but with the amount of attention we've gotten, we kept pushing it," he said, noting the festival is now four days rather than three.

Helping kick-start the action is New York-based filmmaker Mikey DeTemple's Sight I Sound. Shot in Nova Scotia, the film features local semi-pro surfer Dean Petty.

Making its Canadian premiere on Saturday is the documentary Somewhere Near Tapachula, which follows the story of two Australians who open an orphanage in Mexico.

But surfing is as much about music as it is about film, said Maddison. Local rapper Three Sheet will perform at the Palace Nightclub on Thursday, and rocker and diehard surfer Matt Mays will take the same stage on Saturday night.

Maddison said about 3,000 people came to festival events in 2010, and he hopes to surpass that number this year.

Visit canadiansurffilmfestival.com for complete event details.

Film screenings

▶ There will be two screenings tonight through Saturday at 6:30 and 8:30 p.m., and one on Sunday at 7 p.m. All screenings take place at Empire Theatres in Park Lane Mall.

YACHT

Capsizing report out today

The Transportation Safety Board will release its report today into the capsizing of the Lunenburg-based yacht Concordia off the coast of South America last year.

Everyone was rescued after the Concordia, carrying 64 students and staff from a sailing school in Lunenburg went down on Feb. 17, 2010.

However, they spent about 40 hours in a liferaft before being picked up about 550 kilometres southeast of Rio de Janeiro.

Those on board included 42 Canadian high school and university students.

There have been reports the ship was sunk by a rarely occurring microburst, an intense blast of downward air that was reportedly in excess of 120 kilometres per hour. METRO

Man guilty in sex assault

A Nova Scotia judge convicted a man of sexual assault yesterday for having intercourse with his girlfriend after he poked holes in her condoms.

Justice Richard Coughlan of the Supreme Court of Nova Scotia found Craig Jaret Hutchinson, 41, of Clyde River not guilty of aggravated sexual assault but guilty of the lesser offence.

Coughlan said the woman had only consented to sex on the understanding intact condoms were being used, and that Hutchinson knew she didn't wish to have a baby.

The woman from Halifax became pregnant and had an abortion in the fall of 2006, and later suffered an infection of her uterus, which was treated with antibiotics.

Coughlan found Hutchinson sabotaged the condoms and aimed to have a baby with the woman, who cannot be identified under a court-ordered publication ban.

"There was no voluntary agreement by (the woman) to the sexual activity in question, which was sexual intercourse without contraception," said Coughlan.

"He knew she didn't consent to sexual intercourse without contraception."

A Supreme Court judge found Hutchinson not guilty of aggravated sexual assault in 2009, but that decision was overturned by the Nova Scotia Court of Appeal, which ordered a new trial. THE CANADIAN PRESS

Sentencing date

▶ Craig Jaret Hutchinson will be sentenced Dec. 2.

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ELSA/GETTY IMAGES

▶ A person watches a burning vehicle during riots that broke out in Vancouver on June 15 after the Vancouver Canucks lost Game 7 of the Stanley Cup final.

Charges coming in Vancouver riots

- About 40 riot charges expected by Halloween
- Police seize media photos and videos of rioters

Investigators in Vancouver plan to deliver charges by Halloween against 40 people for their roles in the June 15 Stanley Cup riot, police announced yesterday as they began serving warrants to local media to secure photos and video of the riot.

"This is an important step in the investigation," Vancouver Police Department Insp. Les Yeo said of the warrants, "to ensure all images are collected and rioters are held accountable."

> **"If you participated in the riot and thought you got away with it, you're mistaken."**
> VANCOUVER POLICE INSP. LES YEO

VPD investigators are in Indianapolis, working with forensic analysts from across North America and the U.K., poring over more than 1,600 hours of video evidence.

The investigators are expected to return to Vancouver in two weeks with hundreds more images of suspected rioters that will be added to the VPD's riot website.

METRO

Fight for life ends for 'Baby Joseph'

An Ontario boy whose family's struggle to keep him alive despite overwhelming odds spurred an international end-of-life debate has died about four months before his second birthday, a family spokesman said yesterday.

Joseph Maraachli, who became widely known as Baby Joseph, died at home Tuesday afternoon, according to Brother Paul O'Donnell of St. Paul, Minn., the family's spokesman and spiritual adviser. The boy was 20 months old.

Joseph suffered from the progressive neurological disease Leigh Syndrome. Earlier this year, doctors at London Health Sciences Centre in Ontario refused to perform a tracheotomy to extend his life, saying it was futile because the disease was terminal. An Ontario court decided doctors could remove the child's breathing tube.

CRAIG GLOVER/THE CANADIAN PRESS FILE

▶ Joseph Maraachli

His family sought help from American hospitals. Cardinal Glennon Children's Hospital in St. Louis agreed to treat Joseph, and he was brought to St. Louis in March. He spent one month at Cardinal Glennon.

Legal battle

Joseph's story drew international attention after doctors in Canada determined that he was in a permanent vegetative state and his condition was deteriorating.

▶ When those doctors decided to take him off of assisted breathing, Joseph's parents, who lost an 18-month-old child to the same disease eight years ago, challenged the hospital's finding in court but lost.

"All they were really asking for was to bring their son home, and let God decide when and if he should die, not the doctors," O'Donnell said.

THE CANADIAN PRESS

Mother of slain girl charged

The mother of slain Woodstock girl Tori Stafford is among those charged after a drug bust in the southwestern Ontario city.

Tara McDonald, 32, James Goris, 34, and Brandon Annis, 38, were arrested at a Woodstock home yesterday. Police say crack cocaine, marijuana, cash and alleged stolen property were seized.

THE CANADIAN PRESS

MP protests funding for Planned Parenthood

Saskatoon Tory MP Brad Trost is publicly condemning the Harper government's decision to donate to the International Planned Parenthood Federation. In an interview with a Catholic publication, he calls the funding decision a slap in the face for social conservatives. THE CANADIAN PRESS

Soldier charged over child porn

A member of the military at CFB Trenton, Ont., has been charged with one count of possession of child pornography.

The charge against Cpl. Mario Desrochers, of 1 Canadian Air Division, was laid by the Canadian Forces National Investigation Service under the National Defence Act. A court martial hearing will be held Oct. 31 in Trenton.

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Blond genes on sale

- Danish sperm bank offers discount on blond donors
- A matter of supply and demand, says company

CHRISTIAN KLOSTER
NEWS@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

A sperm bank in Denmark has announced it is no longer accepting donations from blond- and red-haired men. The Cryos international sperm bank in Aarhus said their 'Nordic' specimens — including 140,000 doses from redheads — are being sold on a discount due to a lack of demand.

"We have too much sperm from men with Scandinavian features, and relatively few customers request it, so we're attempting to sell it at a lower price — a sale, if you will," Ole Schou, director of Cryos, told Metro.

Sperm from dark-haired, brown-eyed men sells at the normal price, Schou added. "We sell out very quickly, and we haven't yet managed to recruit enough dark-haired, brown-eyed donors. Currently, we turn away all donor candidates with blond, dark-blond and red hair as well as blue, grey and green eyes. Instead, we're looking for those with dark hair and brown eyes," he said.

> **"We have too much sperm from men with Scandinavian features, and relatively few customers request it."**
> OLE SCHOU, DIRECTOR, CRYOS

He points out that the sperm bank does not discriminate against any race or ethnicity; he simply wants to deliver the type of sperm the customers ask for.

"We need to get better at recruiting donors of other ethnicities right here in Denmark," Schou said.

The surplus inventory of sperm from blond men is the result of being headquartered in Aarhus where male students from the nearby university earn money by donating sperm.

A great number of Cryos' customers live in Spain, Italy and Greece, where they are not looking for a blond, blue-eyed addition to the family.

Cryos sells sperm to childless couples in more than 65 countries around the world. To meet the demand of the market, Cryos has opened branches in New York in the United States and in Mumbai, India.

Top. Engineers

▶ Engineers, harnessed to ropes, inspect the exterior of the Washington Monument.

EVAN VUCCI/THE ASSOCIATED PRESS

Monumental inspection

The Washington Monument was damaged in an earthquake last month.

Redheads feeling rejected

Cryos representatives say they have received an angry backlash after refusing to accept donors with red hair.

"We have received a number of complaints from red-heads from all over the world. Some are very angry, even aggressive. They accuse us of racism," tells Schou.

Schou is surprised at the backlash, and he apologizes to those who feel offended by Cryos's actions.

"I can assure you we don't discriminate against anyone. We have nothing against redheads. We're simply trying to meet the demands of our customers," he explains.

These days, Cryos representatives spend a great deal of time turning away angry redheaded donor candidates because they say it is a waste of resources, as it simply does not sell.

METRO

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NOW THAT'S USING YOUR HEAD

HE SAYS ...

JOHN MAZEROLLE
METRO

I don't know whether it's good that most of the buzz heading into the new NHL season is that the league is actually punishing players when they attempt to decapitate each other.

I'm glad the league is enforcing its rulebook, but it feels like applauding your neighbourhood restaurant because they've finally dealt with the rat hair.

Yes, the league — after decades of downplaying violence as "part of the game" — is now cracking down if players are reckless with an opponent's braincase.

Such is the NHL that this is considered a breakthrough.

In case you don't eat/breathe/sweat/secrete/expectorate hockey like me, here's the deal. For years, NHL discipline worked like this:

• One player attacks another, possibly with a chainsaw (this is a fanciful example and only happened a couple of times).

• The league notes that there is no mention of a chainsaw in the rulebook, so its hands are tied.

• The players say hockey is a fast game and the attacker probably just meant to use the chainsaw as a bludgeon.

• During the next game, the chainsaw wielder and an "enforcer" on the other team have a fistfight. This makes everything OK.

This system worked for a while, but what do you think the league did when great players such as Pat LaFontaine and Eric Lindros had their careers cut short?

If you said, "Nothing!" then you have a bright future as a National Hockey League commissioner.

> **"No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in."**

No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in.

So the league hired a new disciplinarian (former player Brendan Shanahan) to replace the old one (a macaque with a Magic 8-Ball). Shanahan swiftly handed out a huge eight-game suspension — your salary for a year, basically — because of a simple hit from behind. It used to be that an eight-game suspension probably involved an autopsy, at minimum.

The league's website even has a slick "Suspensions" section, tucked in between the highlights and the pro shop. This is either heartening or depressing.

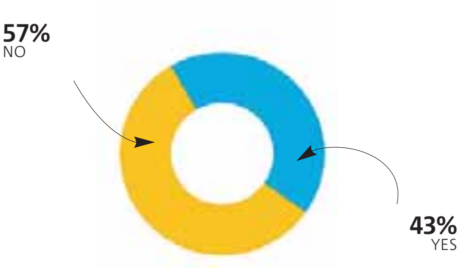
The league — which was slow to enforce hooking and holding penalties, to shrink goaltender's equipment, to ban head shots — usually makes the right decision eventually — but almost always one moment too late.

A little anticipation would be nice. Or as Gretzky might put it, the league needs to learn to go where the screw-ups are going to be, not where they've been.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should obese women be denied fertility treatment?



Local tweets

▶ **@a_wickwire:** bar owners cracking down on drunken fools? don't turn halifax into a lame town, remember this city once had a brew-master as a mayor

▶ **@evilpez4:** Remember when driving behind a School Bus meant you would be greeted by waves? Today it's usually the middle finger. #halifax

▶ **@Amy_Tizzard:** Lunchtime power walk around Sullivan's Pond and the Dartmouth Commons! Perfect weather today!

▶ **@CocaColin:** gotta say, I'm impressed by #Rona's staff here in Bayers Lake. friendly, knowledgeable ppl! #customerservice

▶ **@der_junker:** It's just slightly below room temp outside in #Halifax and im kicking myself that I didn't wear one of my finest turtlenecks. #autumn

▶ **@Ry_Fizzle85:** I'm telling you folks #Avanti Pizza on Boland Rd in #Dartmouth is the best in town! It's just as good the day after too!

▶ **@theajthomas:** The Halifax Harbour is nice but I'd take the St John river any day

Letters

Millions of children were back to school a month ago. But not in many countries in sub-Saharan Africa, Asia or the Middle East.

Around the world, almost 70 million elementary-school-aged children — especially girls — don't go to school at all. Millions more receive a poor-quality education and will not be able to read, write or count.

Investing in basic education is one of the best ways to fight poverty. In the last decade, the number of out-of-school primary-school-aged children has decreased from 102 million to 67 million, with support from mechanisms like Education for All – Fast Track Initiative (FTI).

As more countries recognize the importance of basic education, there has been an unprecedented demand for education resources globally.

Canada is among the rich countries contributing to the FTI, but is still not contributing its fair share. Thus, it is time for Canada to commit to a total of $125 million over three years. (Currently Canada's contribution to the FTI is $60 million over five years.)

BRUNO MARQUIS, GATINEAU QUE.

Not-so-mini. Jump

JUMP
JUMP!
JUMP

▶ Current England long-jump champion and London 2012 hopeful J.J. Jegede attempts an exhibition jump over three limited-edition 2012 MINIs yesterday in London in this image that has been made from a sequence of frames.

JULIAN FINNEY/GETTY IMAGES FOR BMW

Photo of the day

This world-first stunt took place to celebrate the launch of the MINI London 2012 edition models, of which only 2,012 will be produced.

WEIRD NEWS

Fans mourn celebrity opossum death

Facebook friends and fans across the Twittersphere are mourning the loss of Heidi — the cross-eyed German opossum whose cute but confused countenance warmed hearts around the world.

The Leipzig zoo said yesterday that the marsupial had been listless and unable to move for several weeks. A decision was made to put the three-and-a-half-year-old animal to sleep following repeated attempts to treat her arthritis.

SEBASTIAN WILLNOW/DAPD/THE ASSOCIATED PRESS FILE

▶ Heidi

Within minutes of the announcement, Heidi was trending on Twitter and thousands of fans were leaving an outpouring of condolences on her Facebook page.

"How sad," wrote Rene Schaaf, from Heidi's home city of Leipzig. "This lovable creature enriched our daily lives, showing us that 'imperfect' can also be interesting and even beautiful." **THE ASSOCIATED PRESS**

metro

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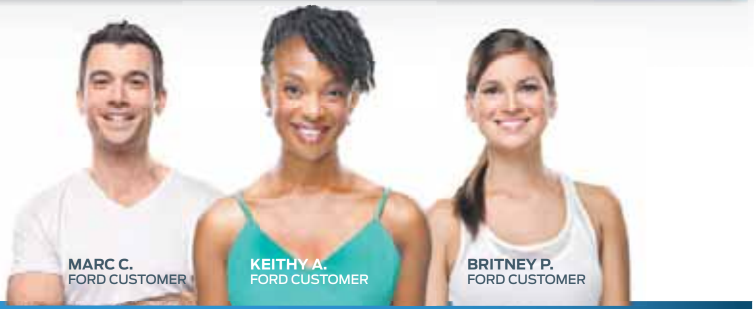

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Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. **Estimated fuel consumption ratings for the 2012 Focus SE Sedan Duratec 2.0L-I4 engine [6-speed automatic transmission with available SFE Package]: [7.2L/100 km (39MPG) city and 4.8L/100 km (59MPG) hwy]. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. ‡Estimated fuel consumption ratings for the 2011 Fusion FWD 2.5L I4 6-speed. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving. Offer only valid from September 1, 2011 to October 31, 2011 (the "Offer Period") to resident Canadians with a Costco membership on or before August 31, 2011. 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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX
- 235.22
(11,585.87)

Dollar
- 1.16 ¢
(96.84¢ US)

Oil
- 3.24¢ US
($81.21 US)

Natural gas 1,000 cu ft
$3.833
(- 4¢)

Gold contracts
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(- $34.40)

Reebok charged

Reebok will pay $25 million US to settle charges that it made deceptive claims its toning shoes would strengthen the legs and buttocks.

Reebok is barred from making any claims of toning effects unless backed by scientific evidence. THE ASSOCIATED PRESS

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Tabloid spying not new: Report

THE ASSOCIATED PRESS FILE

No one suspected the secretary. Efficient and well-liked, Sue Harris was at the heart of the Sunday People, the smallest of Britain's weekly tabloids. She booked flights, reserved accommodation, and tallied expenses for the paper's dozen or so full-time reporters. These journalists implicitly trusted the 40-something south Londoner.

Maybe they shouldn't have.

In 1995 Harris was dismissed over an allegation she'd been feeding her paper's juiciest scoops to the Piers Morgan-edited News of the World for a weekly payoff.

Harris' alleged spying on behalf of the News of the World wasn't unique, an AP investigation has found.

Interviews with three more former journalists and published accounts suggest that Rupert Murdoch's flagship Sunday tabloid engaged in a pattern of payoffs aimed at rival newspaper employees. THE ASSOCIATED PRESS

MARK LENNIHAN/THE ASSOCIATED PRESS

▶ Jeff Bezos, chairman and CEO of Amazon.com, introduces the Kindle Fire yesterday in New York. The e-reader and tablet has a seven-inch multicolour touchscreen. Behind him is a projected display of magazines that will be available on the Fire.

Amazon tablet set to take a nibble out of Apple's iPad

▶ iPad is top-selling tablet ▶ Amazon e-reader not sold in Canada yet

Amazon CEO Jeff Bezos yesterday showed off the Kindle Fire, a $199 tablet computer, challenging Apple's iPad by extending its Kindle brand into the world of full-colour, multipurpose devices.

Bezos also took the opportunity at a New York press event to introduce a new line of Kindle e-readers with black-and-white screens and lower prices, further pressuring competitors like Barnes & Noble Inc. that are trying to break Amazon.com Inc.'s dominance in electronic book sales.

The Kindle Fire will go on sale Nov. 15. It's about half the size of the iPad, making it a close match with Barnes & Noble's Nook Color tablet, which came out last year.

Amazon gave no indication on when it might be available to Canadians.

"Today, Kindle Touch, Kindle Touch 3G and Kindle Fire are available only in the U.S.," a spokeswoman said in an email.

While Barnes & Noble sees the Nook Color as jazzed-up e-reader, Amazon sees the Fire as a platform for games and movies.

Though competing with the Apple iPad won't be easy. Apple sold 28.7 million from April 2010 to June 2011 and is expected to account for three out of four tablet sales this year. THE ASSOCIATED PRESS

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News in brief

Swiss closer to going nuke-free

RESOURCE SHIFT. A government plan to phase out nuclear power in Switzerland has moved a lot closer to becoming reality.

Switzerland's upper house, the Council of States, approved a measure yesterday to gradually shut down the country's five nuclear reactors by 2034. The cabinet must now provide lawmakers with a detailed proposal on how to decommission the country's reactors. **THE ASSOCIATED PRESS**

Canadians up to date on news

READERSHIP. At least three-quarters of adults in major Canadian cities read either a printed or online edition of a daily newspaper each week, according to a readership study published yesterday by NADbank Inc. **THE CANADIAN PRESS**

Yahoo presents photo session

TECHNOLOGY. Yahoo is touching up its Flickr photo-sharing service with a new way for friends in different locations to simultaneously browse through pictures. Any of Flickr's nearly 170 million users can activate a session by obtaining a special link that can be sent to other invitees. A photo session can be done on iPhones, iPads and personal computers using the Safari, Firefox and Chrome browsers. The feature doesn't currently work on Internet Explorer or Opera browsers. Yahoo Inc. hopes to regain some of the ground that it has lost to Facebook. **THE ASSOCIATED PRESS**

Greece's budget 'exhausted'

Greeks outraged by additional government austerity measures designed to access bailout loans

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Pensioners chant slogans during a protest against pension cuts in Greece yesterday.

Greece's deputy prime minister yesterday said he will be unable to pay a new emergency tax without selling property, and argued the country's ability to pay additional taxes to cover budget gaps has been "exhausted."

Theodoros Pangalos made the remarks a day after parliament approved a new emergency property tax, to be added to electricity bills later this year, as eurozone member Greece remains under strong international pressure to abide by its painful deficit-cutting targets.

"I believe that the tax limits of Greek society have been exhausted. I would say they have been exhausted for some time," Pangalos told private Mega television.

Greece says it will run out of money by the end of next month unless it receives the next bailout loan instalment, worth $10.9 billion, from other eurozone countries and the International Monetary Fund.

International creditors have urged Greece to make deeper cuts in public sector payroll costs instead of raising taxes. **THE ASSOCIATED PRESS**

Country in debt

Greece has taken severe measures to cut debt and secure a loan from the International Monetary Fund.

- **Deputy Prime Minister** Theodoros Panalos says that he'll be obliged to sell some of his eight properties and farmland.
- **Greeks are fed up with** pension cuts and another property tax.
- **In Athens, another public** transport strike left commuters struggling to reach work as unions lashed out against austerity measures.
- **The 24-hour strike left** the city without buses, subway services, taxis and trams.
- **Custom and tax office** workers joined the strike, while about 350 pensioners protested outside the Finance Ministry.

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Making of a monster

Frankenstein showing at Neptune Theatre until Oct. 9 ▶ First of nine plays this year

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX

Seventy-five years ago it took a bolt through the neck and a grunt to pull off the character of Frankenstein.

Well, step aside Boris Karloff, because thanks to Stephen Gartner, the creature for Neptune's Frankenstein truly comes alive.

"In this play the creature speaks a lot more than anyone would expect," Gartner explained to me recently.

"Even when I was offered the part, I thought this could be really cheesy with the typical bolt in my neck."

True to the book, written by 18-year-old Mary Shelley, the creature comes alive on stage, pushing through his beastly appearance with real pain and loneliness.

Connecting to this character, Gartner said, takes a degree of focus that other roles do not.

Physically, to prepare his patchwork exterior, Gartner sits through one and a half hours of make up before every show to get ready.

"To get to that emotional place I try not to think about it because it can have the opposite effect. If I try to get myself pumped up and really prepared, I could psych myself out," he said.

"I try to stay relaxed and the process of getting physically ready becomes a kind of meditative time where I don't talk a whole lot, I just sit there."

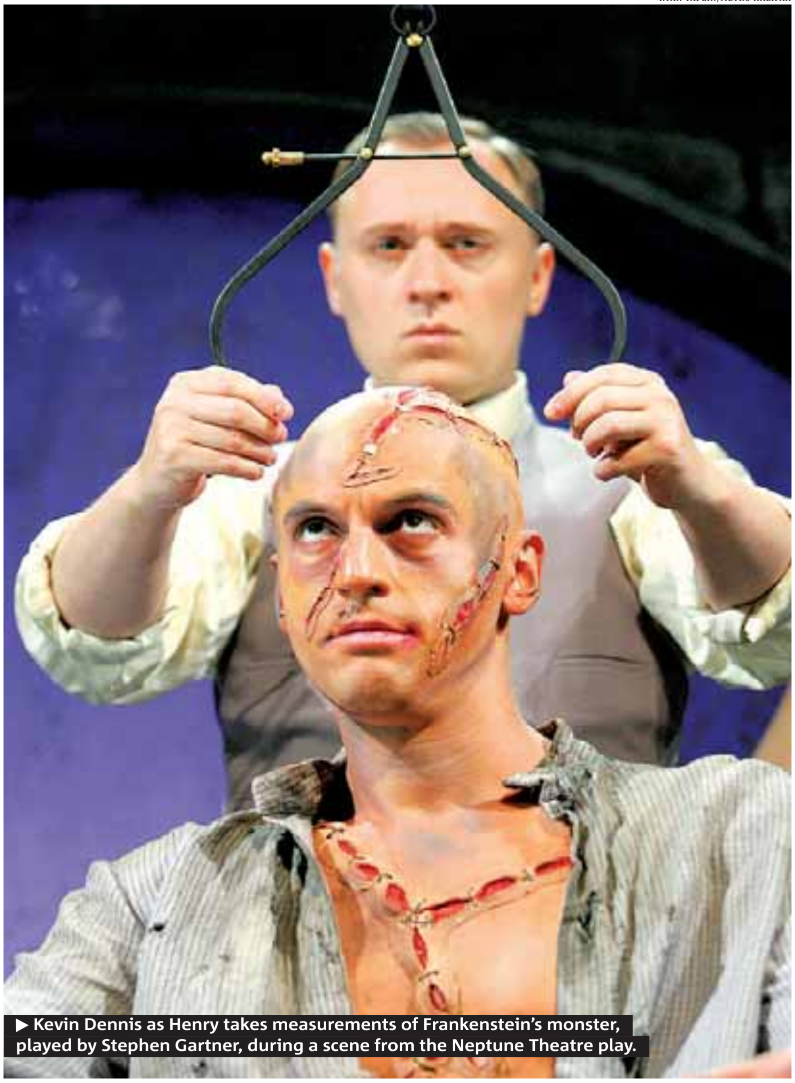
Having started out in Shakespeare at an early age before filling his resumé with more contemporary roles, this 32-year-old Kitchener, Ont. native is pleased to have the challenge of a true character role in his repertoire.

"There are changes that I made for this part and certainly not something I've been asked to do before," Gartner said.

"This is a tremendous present from (director) George Pothitos that he trusted me to do that as it is really a character role. I appreciate his confidence in me."

> **"The scars are large enough in scope that you can see it from the balcony but really taken from the book, a man that is put together from body parts that have been stolen or dug up."**
>
> STEPHEN GARTNER ABOUT HIS FRANKENSTEIN CHARACTER.

RYAN TAPLIN/METRO HALIFAX



▶ Kevin Dennis as Henry takes measurements of Frankenstein's monster, played by Stephen Gartner, during a scene from the Neptune Theatre play.

2 scene

Timberlake

The Environmental Media Association says Justin Timberlake will receive its Futures Award, which represents future environmental leaders in entertainment. He has tried to reduce his carbon footprint on his massive tours.

THE ASSOCIATED PRESS

Bang your head: Juno Awards to add metal/hard music category

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30" x 18" (#15050433)
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33" x 15 x 24"
Fridge Unit (#18050573)
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12" x 36" (#15050431)
15" x 36" (#18050432)
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YOUR CHOICE **$88** EA.

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YOUR CHOICE **$129.88** EA.

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24w x 44h	$159	32w x 52h	$179	40w x 36h	$189
24w x 48h	$159	32w x 54h	$189	40w x 40h	$179
28w x 36h	$159	32w x 60h	$199	40w x 44h	$199*
28w x 44h	$169	36w x 36h	$179	40w x 48h	$199*
28w x 48h	$169	36w x 38h	$179	40w x 56h	$219*
28w x 56h	$179	36w x 40h	$189	40w x 60h	$229*
30w x 36h	$159	36w x 44h	$189	44w x 36h	$209
30w x 38h	$159	36w x 48h	$199*	44w x 44h	$219*
30w x 40h	$169	36w x 52h	$199*	44w x 48h	$219*
30w x 44h	$169	36w x 55h	$209*	44w x 56h	$219*
30w x 48h	$179	36w x 60h	$219*	44w x 60h	$239*
30w x 52h	$189	38w x 36h	$179		
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* Denotes egress sizes

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DETAILS INSIDE

Jess pregnant?

PHOTOS: GETTY IMAGES

▶ Simpson, Eric Johnson calling pre-wedding surprise 'best wedding gift ever' according to source

▶ Jessica Simpson

Jessica Simpson is reportedly pregnant, but she's not letting that change her November wedding plans, according to In Touch.

"Jessica might have to take out her dress a bit," but the wedding is still on, a source says, adding that Simpson and fiancé Eric Johnson consider the impending arrival "the best wedding gift ever." And, the source adds, the pregnancy is already having an effect on the singer. "She's already having kooky cravings," the friend says. METRO

Jen, Justin steam up set

Jennifer Aniston is apparently so happy with boyfriend Justin Theroux that she's been bringing him to work — at least she did on the set of her directorial debut, a section of Five, a series of shorts about breast cancer, where co-director Penelope Spheeris says the pair were "lovey-dovey," according to Hollyscoop. METRO

▶ Jennifer Aniston

Talking points

Paltrow turns 39

Gwyneth Paltrow celebrated her 39th birthday in style, going out for dinner at a new Spanish restaurant in New York's West Village with her husband of eight years, Chris Martin, as well as pals Jay-Z and Beyoncé, according to Getty. METRO

Beckham sons scent consultants

When it came to testing his new fragrance line, David Beckham didn't stray too far from home, soliciting the opinions of sons Brooklyn, 12, Romeo, 8, and Cruz, 6.

"Anytime I get a fragrance, I give all of my sons a tester," Beckham tells Us Weekly. METRO

Celebrity tweets

@Sn00ki

"LOL so some girl comes up to me n goes "you look like one of those girls from the jersey shows, but you look better." Uhm thanks? Lmao

@THEGaryBusey

"Jay Way B Cap standing in a Flutterby meadow high above the ocean soaking up the sun is honey in the air."

@taylorswift13

"Things are always a little different when you come home from the road. Ex: my parents dog now sits like a rabbit."

@rainnwilson

"I want to occupy Wall Street. But only to protest how bad Wall St 2 was."

Tide
my Tide keeps her favourite outfit looking like her favourite outfit.
Tide helps keep your fabrics from fading, so your family can keep loving the clothes they love. Tide.ca

Ashton a cheater?

▶ Ashton Kutcher

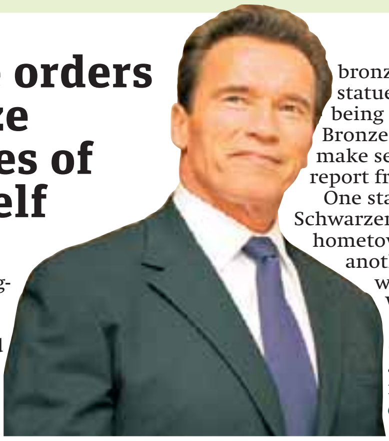
Ashton Kutcher may be in hot water over allegations of infidelity, according to Radar Online.

Last weekend, the Two and a Half Men star reportedly spent the night with a 23-year-old woman he met at a San Diego nightclub, and the woman is now in hiding and talking to a lawyer.

"She is freaking out," a source says.

Last weekend also happened to be Kutcher's sixth anniversary with Demi Moore, but sources tell Star magazine there likely won't be a seventh. "Ashton and Demi have separated and the marriage is over," a source tells the magazine. "The relationship ended because of Ashton's serial cheating. It's a painful time for Demi." METRO

Arnie orders bronze statues of himself



Arnold Schwarzenegger was apparently so impressed with a larger-than-life, $100,000 bronze statue of his younger self being made by Oregon-based TW Bronze that he decided they should make seven of them, according to a report from Hollyscoop.

One statue will be sent to a Schwarzenegger museum in his hometown of Thal, Austria, while another will go to Columbus, Ohio, where an annual Arnold Fitness Week is held.

Schwarzenegger is keeping one for himself to be displayed at his home, according to the report. METRO

Bring on the bling

Despite Italy's flailing economy, Milan Fashion Week oozed luxury and decadence, from Gucci's gold-embroidered dresses to Cavalli's blingtastic minis Here's a rundown of the top designers

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

DRIPPING WITH GOLD: GUCCI

Gucci kicked off the week with a collection that oozed luxury and was almost entirely dedicated to decadent evening dressing. Frida Giannini's clothes (which she called Hard Deco) were dipped, embroidered and accented with gold. It appeared everywhere — as buttons lining an ankle slit on trousers, bands of hardware around drop-waist dresses, the embroidery on a jacket and as the tip on a pointy-toed stiletto, to name just a few.

GETTY IMAGES

SEXY GARDEN PRINTS: DOLCE & GABBANA

The garden-inspired prints were broken up with pretty lace coats and dresses embroidered with floral appliqués, bejeweled playsuits and cocktail dresses embellished to the hilt in tassels and rhinestones. It was a sexier follow-up to last season's starry dresses that appeared all over the red carpet and on countless September issue covers. Bottom line: Expect celebrities (including Scarlett Johansson who sat front row) to be covered in fruit and veg next spring.

GETTY IMAGES

FUN AND FLAMBOYANT: DSQUARED2

Dan and Dean Caten's runway shows are always camp, flamboyant productions that add fun and humour to Milan Fashion Week. But yesterday's show was a classic case of staging trumping the clothes. They created an impressive Glastonbury-like set that looked great until the models, dressed in sexy, clingy bodysuits and dresses, began to slip and fall on the muddy runway. But they scored high marks for realism.

GETTY IMAGES

NOT A TREND IN SIGHT: GIORGIO ARMANI

This collection didn't have a single trend in sight (unless you count his very subtle printed blouses and jackets) and that made it all the more appealing. His fluid, silk trousers, dresses, suits and jackets came in cool shades of gray, blue and taupe, and had a timelessness to them that will attract women who value style but couldn't care less about being "in fashion."

GETTY IMAGES

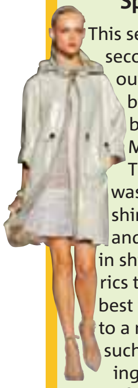
BLINGTASTIC: ROBERTO CAVALLI

Milan Fashion Week started off with a gold moment (Gucci's.) So it only makes sense that it ended with one too. In a collection that was like a middle finger to Italy's flailing economy, Roberto Cavalli opened his show with brazenly flamboyant, blingtastic mini-dresses, skirts, blazers and sinuous gowns covered in the kind of embellished gold regalia that could blind someone.

3 life

In brief

THE BEST COATS: Sportmax



GETTY IMAGES

This season, the secondary line outshone its big sister label, Max Mara, literally. The collection was filled with shiny metallics and raver prints in shimmery fabrics that worked best when kept to a minimum, such as the lining on a series of trench coats.

KENYA HUNT

On the Express to Canada: U.S. chain targeting young adults heads north.

They can't even agree to disagree.
Rick Howe
Weekdays
3 pm - 7 pm
News 95.7
ALL NEWS RADIO
Jordi Morgan
Weekdays
8:30 am -12 pm

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

▶ Brittney Fisher in Plus Size EDIT

@Jeanne_Beker:
And the beautiful @BrittneyFisher in Plus Size EDIT @thehudsonsbayco

▶ **@Nathalie-Roze & Co.:** Kudos for creating an accessibly priced & current-looking fab-size line!

▶ **@JasmineAmellie:** gorgeous girl!!

▶ **@Jeanne_Beker:** @theMarilynShow we talked about fact that 40 percent of women today are breadwinners. But how does that make our guys feel?

▶ **@DFConsultants:** More men are quite content to let their wives make the money. Insecure men are not attractive.

▶ **@Jeanne Beker:** Agreed. But I still think the man has to feel his contributions are just as important/essential to the partnership.

▶ **@DFConsultants:** I agree, but that goes for both men and women. They both want to feel like they are contributing, so it goes both ways.

▶ **@Jeanne Beker:** I suppose. Though I have met some women who really don't mind being totally taken care of. Some men too, I suppose...

A sandwich for all to love

THE CANADIAN PRESS H/O

▶ Makes four sandwiches.

This avocado, tomato and cheese sandwich is a nutritious and well-balanced lunch option for the youngsters in the family. Grown-ups will undoubtedly fancy it as well.

Preparation:

1 Place four bread slices on work surface. On each, place slice of cheddar, layer of avocado, tomato and onion slices. Add chili sauce to taste. Top with Monterey Jack cheese and finish with remaining bread slices.

2 Hea skillet over medium heat. Spray with olive oil cooking spray. Place sandwiches in skillet and cook until bread is browned. Turn and cook until cheese melts. Serve hot. THE CANADIAN PRESS/ CALIF AVOCADO COMMISSION

Ingredients:

- 4 slices cheddar cheese
- 8 slices whole-wheat or whole-grain bread
- 1 ripe fresh avocado, peeled, seeded and sliced
- 1 medium tomato, sliced
- 4 slices red onion
- Chili sauce, to taste
- 4 slices Monterey Jack cheese
- Olive oil cooking spray

Weekly Cookbook

400 Best
Sandwich
Recipes
Alison Lewis

In her book 400 Best Sandwich Recipes: From Classics & Burgers to Wraps & Condiments (Robert Rose, 2011), Alison Lewis sets out to prove that a sandwich is no longer reserved for mid-day noshing.

Aside from recipes, Lewis includes a section on the need to choose great breads and the hunt for quality meats, seafood, cheese, vegetables and fruits to create the best sandwiches.

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Don’t let perennials go to pot

Potted perennials can survive winter but need some TLC before the cold

DIY IDEAS

Perennials and containers make a great gardening combination, but they will quickly go to pot if overlooked in the winter.

Plant roots are vulnerable to freezing in containers, where the soil hardens more than it would in the ground.

Stems and branches — particularly those on small trees and shrubs — need protection from the deep chill as well as from snow and icy buildups.

Containers should be cared for to prevent splintering and crumbling.

“The most important thing you can do when overwintering container plants is ensure that they’re vigorous and established,” said Leonard Perry, an extension horticulturist with the University of Vermont.

“Young plants that you just pop into a pot and haven’t rooted yet may not do so well,” Perry said. “The healthier they are going in, the better their chances.”

Perennials should survive long periods of extreme cold if given pre-season care. That includes:

Feeding
Slow-release fertilizers applied before the first killing frosts arrive boost plant hardiness. Feeding should end once the plants go dormant. “With good fertility, you don’t have as many overwintering problems,” Perry said.

Watering
Soils must be moist when the perennials are stored to help protect the roots.

Pruning
Trim and dispose of all foliage after the plants go completely dormant.

That keeps slugs and other insects from laying eggs in the residue, according to a Simple Sensible Solutions brochure from Walters Gardens Inc. at Zeeland, Mich., North America’s largest grower of wholesale perennials.

Trenching
Bury pots — plants and all — for improved insulation. Add a layer of mulch.

Unearth and return them to their usual sites the following spring.

Covering
Anything from evergreen boughs to blankets, straw to shredded bark can be used to safeguard pots and their contents.

Securing a piece of bubble wrap or burlap around the pots also helps. Be quick to remove them once the weather warms.

Storing indoors
Move potted plants into an unheated garage, basement, greenhouse, cold frame or similar site that matches their hardiness zone. Make sure it’s a place where the temperature stays above freezing.

And don’t forget rodent control. Mice like to cosy up to container plants in cold weather, especially those that include grasses.

THE ASSOCIATED PRESS

DEAN FOSDICK/THE ASSOCIATED PRESS

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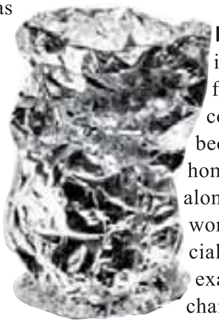
FRESH PERSPECTIVE

CONTRIBUTED PHOTOS

BREATHE NEW LIFE INTO YOUR HOME DÉCOR BY MAKING KEY CHANGES

This fall, home design isn't necessarily about making big purchases. If you aren't ready for that, try making key changes where it counts instead. Michael Hanos, a sales and marketing representative at Inform Interiors in Vancouver, shares a few ideas for how to breathe life into your existing home décor.



MULTI-PURPOSE DESIGNS: High urban density and small living spaces, and the need to decrease consumption, mean many Canadians don't have the room or the desire to acquire large amounts of stuff. Having multi-purpose items helps get rid of the clutter. Many contemporary designs take an existing concept, like a waste bin, and put a fresh perspective on it, said Hanos. The Sacco waste bin by Skitsch (pictured, $44 at Inform) is a playful take on multi-purpose. It can be a garbage bag, but also a laundry basket or a toy bag, said Hanos, and it folds flat for storage.

LIVE IN YOUR DINING ROOM: As living spaces get smaller and floor plans become more open concept, the dining table has become a major focus of many homes. It's not just for food, let alone dinner, anymore. It's also a working table and a place to socialize — so treat it that way. For example, choose dining table chairs that can moonlight as office chairs or living room chairs.

ADD A TOUCH OF GLITZ: And while you're at it, why save the fine china for special occasions? Hanos pointed out a modern example of decadent decorating — the Midas range from Skitsch (pictured above, from $82 at Inform). It's a series of simple, hand-blown glasses and carafes that look like they've been dipped in gold, but the pieces are multi-purpose and eminently usable for everyday.

REVAMPED DESIGN CLASSICS: The design classics are still around for a reason — they're beautiful — but that doesn't mean they can't be updated. "It's like a tire. It's always around, but suddenly you get green spokes and white rims, and you've got a fresh perspective," said Hanos. The Corbusier chair by Cassina was originally designed in 1928, but new finishes like velvet seats and silk ribbon make the recognizable design striking again.

COLOUR PLAY: Current classic and new décor designs reflect the zesty colours on the fall fashion runways. Some of the Corbusier chairs are now coming out with lime green-powder coated metal tubing, said Hanos. Try adding a shock of colour to punctuate your home with accessories like a neon pink candle holder or a signature Bay blanket. *– Stephanie Orford*

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A TOUCH OF GREY

HOT HOME TRENDS FOR COOLER SEASONS

Thinking of switching up your main floor this fall? If so, Karl Lohnes, Metro's Décor Moment columnist, and Heidi Richter, designer on HGTV's Decked Out, fill us in on hot trends for the cooler seasons.

LOVE GREY: Forget builder's beige because grey as a wall colour is still the new neutral. "Now, everyone's going with grey for their basic wall colours and furnishings," says Richter.

SIMPLIFY: Pack away the fussy prints. "People are going simpler with accessories — not as many curlicues, not small prints and instead more graphic, bold colourful botanicals and florals rather than the fine, detailed things," notes Richter.

THINK ABOUT WARMTH: To heat up those greys in your house, use accessories to pop colour in around your home. "In more modern interiors, you'll see violet or maybe a shot of yellow," says Lohnes. "And in more traditional interiors, you'll see almost merlot colours, so burgundy purples. Dark reds are a nice way to add whim — we haven't been decorating with burgundies for a long time in home décor. And there's lots of gold — a muddier, gilded, mustardy gold."

LOOK FOR HANDMADE: When accessorizing your home, opt for accessories such as pillows, throws and more that have a handmade look to them. "Glassware that looks hand-blown for example, so vases and platters and anything that looks more hand-blown," says Lohnes. "A handmade touch is visually popular in anything made with fabric as an accessory."

PAPER THOSE WALLS: "Wallpaper is becoming classic again," says Lohnes. If you are choosing neutral wallpaper, put it on all the walls in your room. "Don't be a scaredy cat and put it on one wall because that's what people have been doing to introduce it into their home," says Lohnes.

– Astrid Van Den Broek

Heidi Richter

DON'T SAY BYE TO YOUR FAVOURITE COLOUR

Sure, grey is the popular wall colour this fall. And while you like to incorporate trends into your design, you are hesitant about, well, going grey. Karl Lohnes, Metro's Décor Moment columnist, has a solution. "Even if you don't love grey, you could take your favourite colour — like mushroom or sand or green — and make sure that there's a good dollop of grey in that," says Lohnes.

"That's what will keep you on top of the trends. You don't have to say goodbye to your favourite colours. It's just cooling them down a bit."

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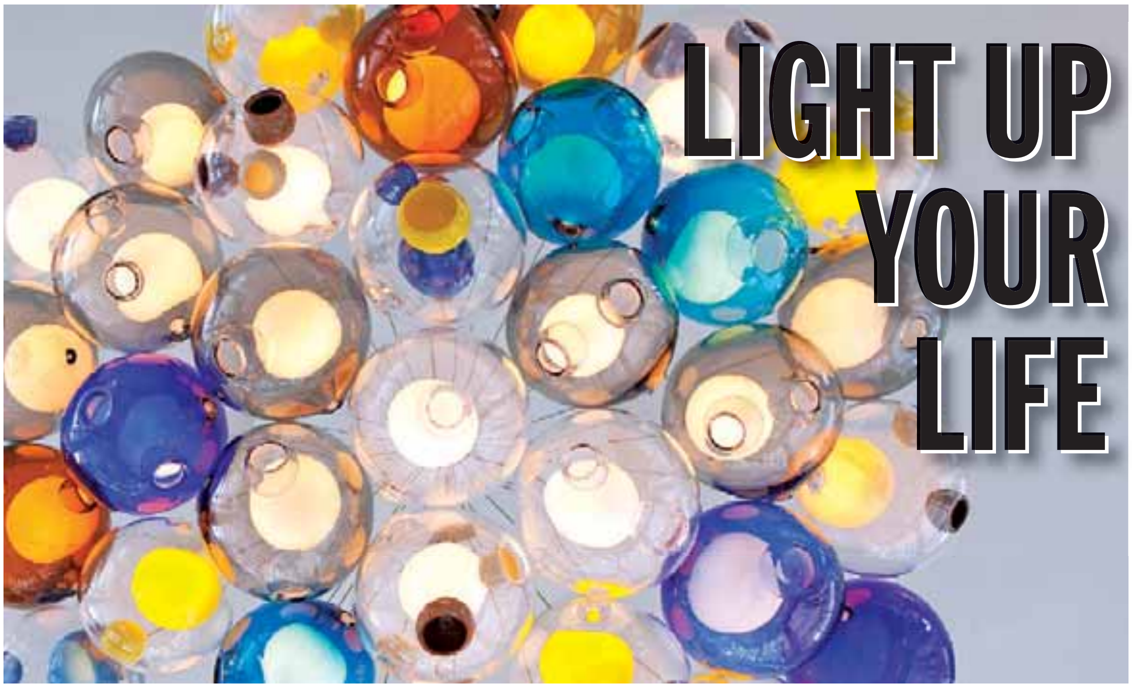

LIGHT UP YOUR LIFE

SOME SIMPLE WAYS TO CHANGE THE MOOD IN YOUR HOME

Changing your lighting is one of the simplest, most effective ways to create a mood. For the latest concepts in lighting design, Metro consulted Omer Arbel, creative director of Bocci, a lighting and furniture design company based in Vancouver.

FOUND OBJECTS: The perfect example of a whole being greater than the sum of its parts, found object lighting can be beautiful and witty when it's done well, said Arbel. Case in point: The Campari Pendant Light by Ingo Maurer. "Maurer found these beautiful mass-produced bottles ... and just clustered them in a circle and put a light bulb in the middle of them — and there you go."

FOCUS ON FABRICATION: For Bocci, the final product is only as special as the way it was made. Arbel and his team focus on the properties of the material or a technique they want to use and they develop a fabrication method from that. Their 28 Series is made by blowing glass using inhalation rather than exhalation to create a "controlled implosion" of the glass.

DIVIDERS AND LIGHTING IN ONE

Vancouver's award-winning Molo Design makes accordion-like paper lighting and furniture that emits diffuse light. Molo's stackable softwalls are room dividers and lighting in one. They are also made with sustainability in mind, using recycled and/or recyclable materials and a honeycomb structure that provides lots of strength with minimal material. For more information, see molodesign.com.

THE AMBIENT CHANDELIER: Or try a different take on lighting altogether. Bocci's ambient chandelier, the 14 Series, is many pendant lights of different lengths, which occupy a large volume of the room and act more like a cloud of light than one central piece.

FOCUS ON LIGHT FILTERING: The key to creating a mood is the way the light is filtered, said Arbel. Bocci's 21 Series filters light through a very thin white porcelain shade. When shopping for lighting, pay attention to the way a fixture filters the light to create a mood.

Bocci products are sold across Canada and internationally. For more, see bocci.ca.

– Stephanie Orford

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There's always next year

Blue Jays finish off season with .500 record and hope for the future

BLUE JAYS	WHITE SOX
3	2

It has become a familiar end-of-season routine for the Toronto Blue Jays.

Mediocre record. Some cause for optimism. Another fourth-place finish.

However, there appears to be something different about this edition of the Jays. Fuelled by franchise player Jose Bautista and an exciting young core, there is an energy in the clubhouse and among fans in a city starved for a contender.

"We have a bunch of guys that really have nothing to lose and just want to go out there and win," said outfielder Eric Thames. "This fanbase deserves it, this city deserves it, this country deserves it.

"That's what we're out here every day working hard for and hopefully next year we'll come a lot closer to that ring, if not win the ring."

That might be a tad optimistic given that the Jays are saddled with New York, Boston and Tampa Bay in the American League East.

Still, Toronto ended its regular season yesterday by rallying for a 3-2 win in Chicago against the White Sox. That gave the Jays an 81-81 record.

General manager Alex Anthopoulos has stocked the farm system, and young players like ace Ricky Romero, catcher J.P. Arencibia and Canadian third baseman Brett Lawrie appear to be the real deal.

Whether the holes in the team's roster can be filled for next year is the big question.

"I think we've got a ton of talent here that's very young and definitely the future is bright," said Jays reliever Casey Janssen.

There were some success stories for the Jays and a few failures too."

One of the biggest disappointments was Brett Cecil, who led the team with 15 wins last season but spent a chunk of the season at triple-A Las Vegas.

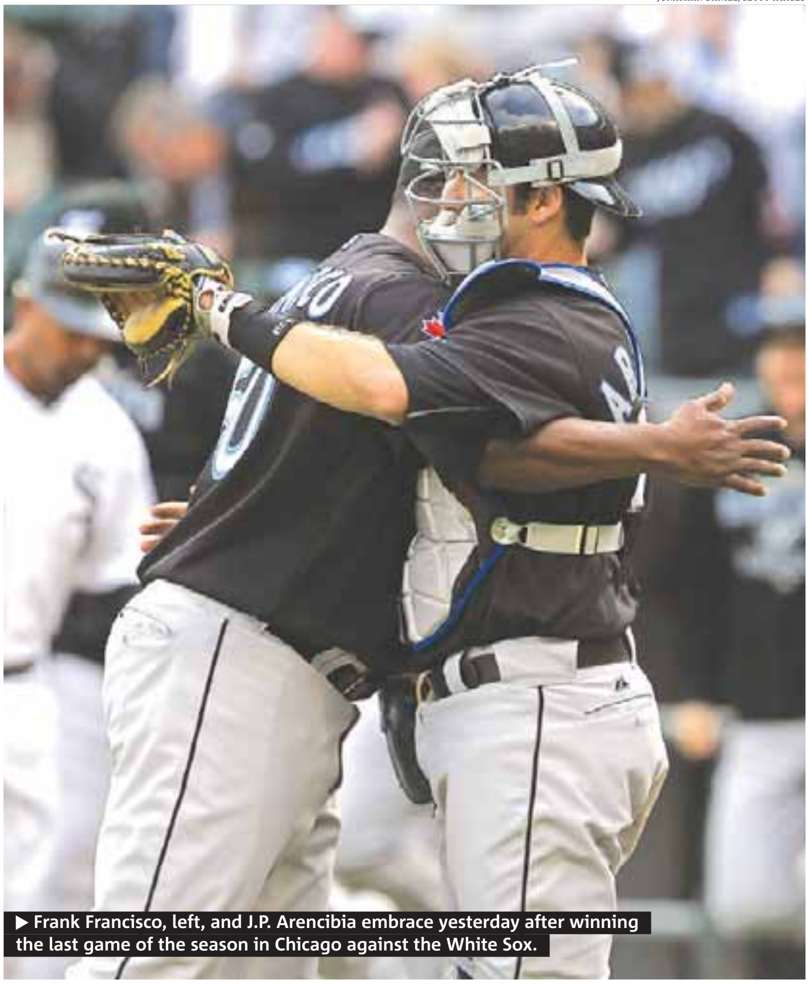
Manger John Farrell predicts the 34-year-old GM will be a busy man.

"Every area is going to be looked at," Farrell said. "The one great thing about Alex is there's no stone left unturned. Whether that's domestically, internationally, free agents, trades, everything will be explored.

"I'm looking forward to what I think is going to be a very active off-season."

THE CANADIAN PRESS

JONATHAN DANIEL/GETTY IMAGES



▶ Frank Francisco, left, and J.P. Arencibia embrace yesterday after winning the last game of the season in Chicago against the White Sox.

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

"If you hadn't seen the first 161 games of the year, you could really look at this game and epitomize or wrap up our entire season. We finished an even .500, but it was the character this team has demonstrated all year long."

JAYS MANAGER JOHN FARRELL ON YESTERDAY'S SEASON-ENDING WIN

4 sports

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New day dawning for Bills

Buffalo club reaping benefits of philosophical change under second-year coach Gailey

One of coach Chan Gailey's first acts upon taking over the Buffalo Bills some 20 months ago was having the TV sets removed from the weight room in a bid to instill a business-first focus.

His next order of business was far less cosmetic, and much more daunting. It involved Gailey attempting to transform what he saw as the telltale signs of a losing culture on a team that's spent an entire decade missing the playoffs.

"Every time you take over a team in a new situation, you're trying to change the mindset from hoping to win to expecting to win," Gailey reiterated several times last year.

Nineteen games into Gailey's tenure, the Bills' transformation into becoming a more confident team is showing signs of blossoming, as linebacker Chris Kelsay put it yesterday.

> **"I don't have any magic potion. I don't have any fancy words. The guys are doing it."**
> BUFFALO BILLS HEAD COACH CHAN GAILEY

Defensive lineman Kyle Williams had a more blunt explanation, an indication of how much the Bills are starting to believe in themselves.

"There's only so much you can talk about expecting to win," Williams said. "Confidence comes with winning and not talking about it."

The Bills have earned the right to talk proud once again in getting off to a 3-0 start in preparing to play at Cincinnati (1-2) on Sunday.

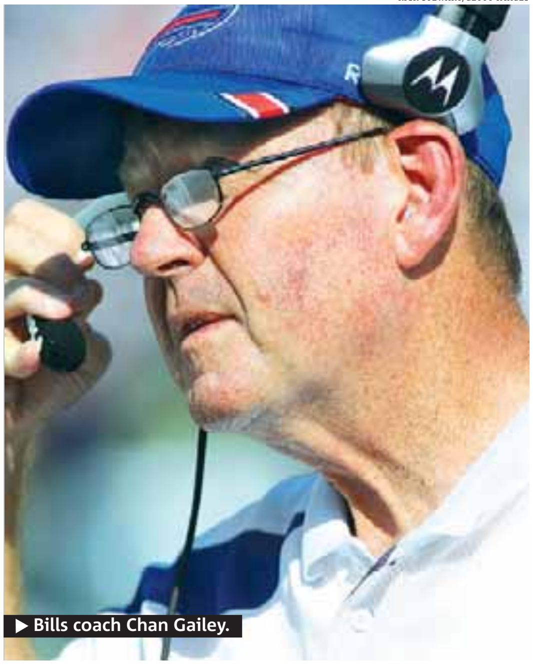
A year after a 4-12 finish, Buffalo is one of three unbeaten teams remaining in the NFL. And the Bills are coming off stunning back-to-back comebacks in which they've rallied from double-digit deficits, first against Oakland and then last weekend's stunning 34-31 win over New England.

It's a stirring turnaround for a team that a year ago that didn't win its first game until Week 10.

"Changes needed to be made," centre Eric Wood said. "No TVs in the weight room, that's nothing to give up for a new atmosphere, for a new mentality in here."

THE ASSOCIATED PRESS

RICK STEWART/GETTY IMAGES



Bills coach Chan Gailey.

NBA talks in critical phase

NBA owners and players will meet tomorrow and perhaps through the weekend with commissioner David Stern warning there are "enormous consequences at play" as the two sides try to preserve an on-time start to the season.

Talks ended after two days yesterday so negotiators could return home before summoning their respective bargaining committees to New York for the most important stretch of the lockout. They are prepared to meet through the weekend if progress toward a new collective bargaining agreement is being made.

Stern said there would be "a lot of risk" to not having an agreement by the end of the week. Both sides said there hasn't been enough progress to put them on the verge of a deal.

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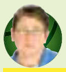
Banana throwing charges laid



ANGELA MULLINS
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METRO CANADA IN LONDON, ONT.

A 26-year-old London, Ont., man has expressed remorse for throwing a banana at a black player during last Thursday's NHL game at the John Labatt Centre, police said yesterday.

Christopher Moorhouse was identified late Tuesday as the person responsible for the incident, London police Chief Brad Duncan said. He has been charged with engaging in prohibited activity on premises under the provincial Trespass to Property Act. If convicted, he faces up to a $2,000 fine.

The incident, which involved Philadelphia Flyers forward Wayne Simmonds, did not meet the threshold for a hate-crime charge, Duncan said. For that, officials would need to prove Moorhouse's actions were "motivated by hatred," the chief said.

COURTESY OF AM980/AM980.CA

▶ Christopher Moorhouse

The incident occurred on Simmonds' shootout attempt in Philadelphia's 4-3 loss to the Detroit Red Wings. Simmonds scored on the play.

Duncan said multiple tips over several days led to identifying a suspect.

Flyers' Sestito latest to feel NHL crackdown

▶ Shanahan gives burly Phillie forward lesser ban for first-time offence

Philadelphia Flyers forward Tom Sestito was suspended for the remainder of the pre-season and two regular-season contests yesterday by the NHL for delivering an illegal hit in an exhibition game.

As a result of the ban, Sestito will forfeit $5,945.94 US in pay.

Sestito was punished for hitting New York Rangers forward Andre Deveaux from behind during a pre-season contest on Monday.

Brendan Shanahan, NHL senior vice-president of player safety, announced the suspension in a video posted on the league's website yesterday.

BRUCE BENNETT/GETTY IMAGES

▶ Philadelphia Flyer Tom Sestito is escorted off the ice during Monday night's game.

"Sestito actually increases his speed and makes contact directly with Deveaux's back, driving him hard into the glass," Shanahan said in the video.

Sestito was assessed a major penalty and game misconduct for boarding on the play.

"We've also taken into consideration that while Sestito is known as a very physical player, he's never been suspended in his NHL career," said Shanahan. "There was also no injury on the play."

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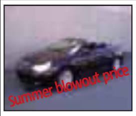
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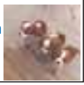

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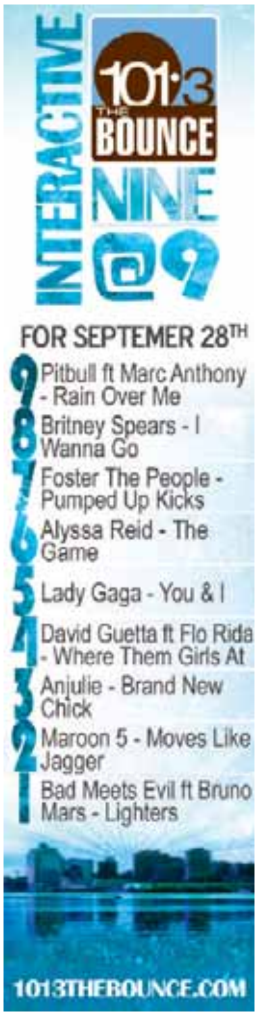
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9 Pitbull ft Marc Anthony - Rain Over Me
8 Britney Spears - I Wanna Go
7 Foster The People - Pumped Up Kicks
6 Alyssa Reid - The Game
5 Lady Gaga - You & I
4 David Guetta ft Flo Rida - Where Them Girls At
3 Anjulie - Brand New Chick
2 Maroon 5 - Moves Like Jagger
1 Bad Meets Evil ft Bruno Mars - Lighters
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Crossword

Across
1 "— Got a Secret"
4 Ergo
8 "Repeat that, please"
12 Half a dozen
13 Loathe
14 Gardening device
15 Motherly
17 Duel tool
18 Id counterpart
19 2nd-century Roman emperor
21 Not as small
24 Shade
25 Plant bristle
26 Perch
28 Fundamental
32 Castle protection
34 Cattle call?
36 Doubtless
37 Apportion
39 Scull tool
41 Corral
42 Existed
44 Minimum
46 Boat race
50 Indy entry
51 Addict
52 Devilish
56 Carnelian variety
57 Dregs
58 Past
59 Drones
60 Rams fans?
61 Journey segment

1	2	3	■	4	5	6	7	■	8	9	10	11
12			■	13				■	14			
15			16					■	17			
■	■	18			■	19		20				
21	22				23	■	24			■	■	■
25			■	26		27	■	28		29	30	31
32			33	■	34		35	■	36			
37				38	■	39		40	■	41		
■	■	■	42		43	■	44		45			
46	47	48				49	■	50			■	■
51				■	52		53				54	55
56				■	57				■	58		
59				■	60				■	61		

Down
1 Doctrine
2 By way of
3 Outer
4 Pangs
5 Solo of "Star Wars"
6 Hexagonal state
7 Unexplained word in Psalms
8 Since, in a preamble
9 Kachina worshiper
10 On the briny
11 Adolescent
16 Early bird?
20 Fix the soundtrack
21 Tibetan monk
22 MPs' quarry
23 Edge
27 As well
29 Heaven-sent
30 Enrages
31 Penny
33 In the direction of
35 Big galoot
38 Tit for —
40 Play break
43 Steps over a fence
45 "— and Peace"
46 Hurry
47 Jacob's brother
48 Bacterium
49 Over again
53 Entry payment
54 Time of your life?
55 Journal

▶ Yesterday's answer

S	I	B	■	A	S	P	S	■	N	O	V	A
O	D	E	■	T	H	E	Y	■	O	B	I	T
F	O	R	■	H	Y	P	N	O	T	I	Z	E
A	L	G	A	E	■	■	C	H	I	■	■	■
■	■	■	N	A	T	O	■	M	O	T	I	F
S	A	T	I	R	I	Z	E	■	N	I	N	A
U	S	E	■	T	R	O	V	E	■	K	E	Y
M	I	N	G	■	E	N	E	R	G	I	Z	E
P	A	S	H	A	■	E	S	A	U	■	■	■
■	■	■	E	L	F	■	■	S	N	A	C	K
T	A	N	T	A	L	I	Z	E	■	L	E	I
A	B	E	T	■	O	D	O	R	■	B	L	T
D	A	D	O	■	W	O	O	S	■	A	L	E

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

5		7					9	4
			3	5				7
8	3	4		9				2
			4				7	8
3		8	1		6	9		5
7	4				2			
2				6		4	5	1
4				1	5			
1	9					7		6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	6	1	4	7	5	9	8
9	8	4	3	2	5	6	7	1
5	7	1	6	9	8	2	3	4
1	5	3	7	6	4	9	8	2
7	9	2	8	5	3	1	4	6
4	6	8	2	1	9	7	5	3
6	4	5	9	3	2	8	1	7
3	1	7	5	8	6	4	2	9
8	2	9	4	7	1	3	6	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dearest Cuda, September 29th marks our 5 year anniversary, I love you more as each day passes and look forward to the next 5 year chapter in our lives. Happy Anniversary my heart! **MUNK**

To M, I didn't want to believe you when you said not to contact you ever again. After numerous attempts to try and reach you with no luck, I know you meant what you said. I will no longer try to contact you and will give you this kiss good-bye, I know it is finished **T**

Babylove, Having you a part of my life has been a blessing. You've inspired me to do more than i've ever thought I was capable of. Every day you are a constant reminder that my dreams are within reach..after all I have you in my life! I love you honey. knish<3 **VEE**

Today 20°/16° Showers 60%
Friday 21°/15° Variable

Your #1 weather forecast now available in HD. Check your local listings for details. The Weather Network HD
TWN incorporates MSC data

Today's horoscope

♈ Aries March 21-April 20 Cosmic activity in your opposite sign of Libra will bring relationship matters to a head over the next day.

♉ Taurus April 21-May 21 You may be tempted to play around with something that isn't quite working the way you want it to.

♊ Gemini May 22-June 21 You will make a success of whatever you do today, but there are some things you do better than others.

♋ Cancer June 22-July 22 This could be a tricky day for relationships. Open up. Show feelings.

♌ Leo July 23-Aug.23 Something important will happen today, of which you very much approve.

♍ Virgo Aug. 24- Sept. 22 If you need to improve your financial situation, you will find a way over the next 24 hours.

♎ Libra Sept. 23-Oct. 23 This is the ideal time to get serious about a relationship you may have been half-hearted about in the past.

♏ Scorpio Oct. 24-Nov. 22 Something from the past seems to be on your mind lately. Yesterday is finished. It's today that matters.

♐ Sagittarius Nov. 23-Dec. 21 Pay attention to what other people tell you today because they can see things that you cannot.

♑ Capricorn Dec. 22-Jan. 20 If you play your cards right, you could very soon be moving up.

♒ Aquarius Jan. 21-Feb. 18 You need a change of direction, and what happens over the next few days will make it clear it's time.

♓ Pisces Feb. 19-March 20. You have a gift that you may not be making the most of. What are you really good at? **SALLY BROMPTON**

Caption contest

PAUL MOSELEY/THE ASSOCIATED PRESS

"Howdy, chip, is that you on my shoulder?"
KAREN

NATACHA PISARENKO/ THE ASSOCIATED PRESS

WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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scotia square.com

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